LSG
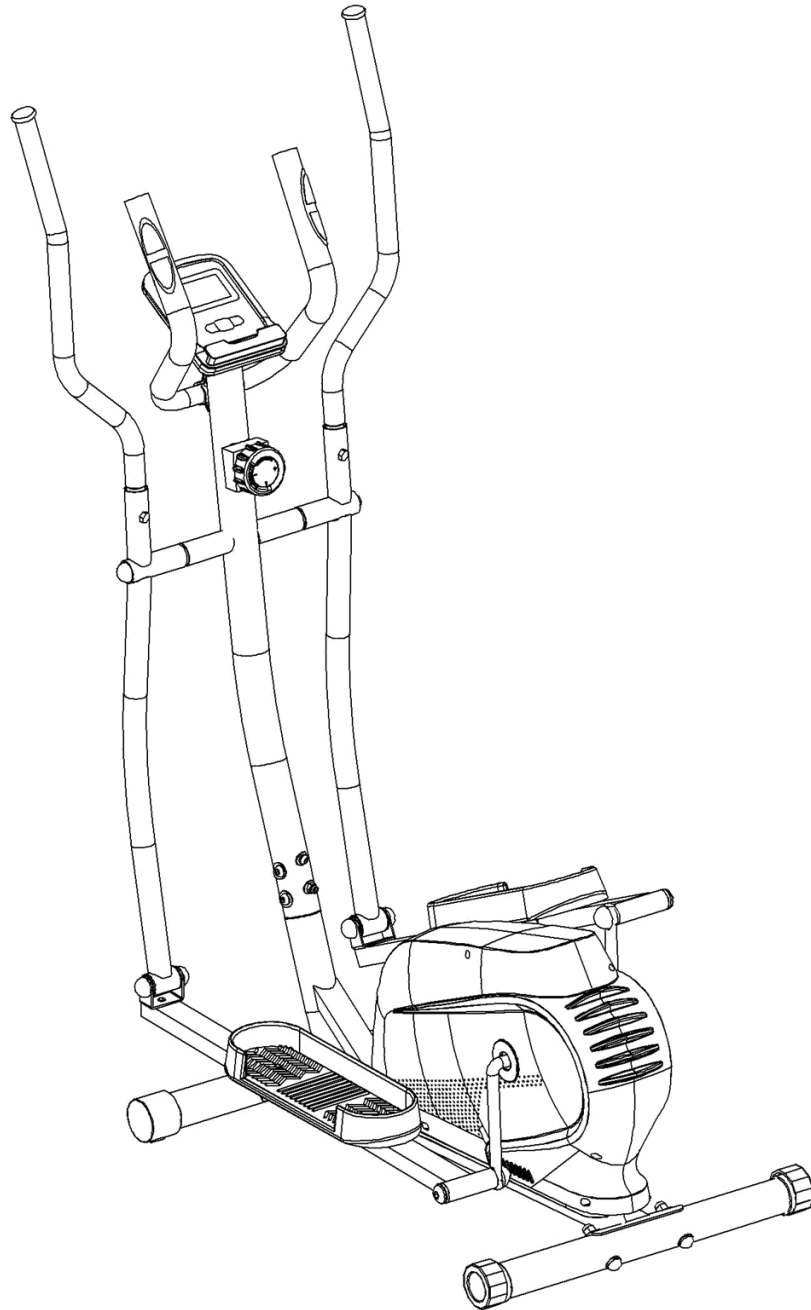
CTG-300 CROSS TRAINER OWNER'S MANUAL

Product may vary slightly from the item pictured due to model upgrades

Read all instructions carefully before using this product. Retain this owner's manual for future reference.

TABLE OF CONTENTS

LSG

1. IMPORTANT SAFETY INSTRUCTIONS

WARNING - **Read all instructions before using this machine.**

It is important your machine receives regular maintenance to prolong its useful life. Failing to regularly maintain your machine may void your warranty.

Please always keep this manual with you

1. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained and used properly. Please note: It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.

2. Before starting any exercise program, you should consult your doctor to determine if you have any medical or physical conditions that could put your health and safety at risk or prevent you from using the equipment properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.

3. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, extreme shortness of breath, lightheadedness, dizziness, or feelings of nausea. If you do experience any of these symptoms, you should consult your doctor before continuing with your exercise program.

4. Keep children and pets away from the equipment. This equipment is designed for adult use only.

5. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 2 meters of free space around it.

6. Before using the equipment, check that the nuts and bolts are securely tightened. If you hear any unusual noises coming from the equipment during use and assembly, stop immediately. Do not use the equipment until the problem has been rectified.

7. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may get caught in the equipment or that may restrict or prevent movement.

LSG

8. This equipment is designed for indoor and family use only.

9. Care must be taken when lifting or moving the equipment so as not to injure your back.

10. Always keep this instruction manual and assembly tools at hand for reference.

11. The equipment is not suitable for therapeutic use.

12. The pulse or heart rate sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trends in general.

2.   CARE INSTRUCTIONS

a. Lubricate moving joints with grease after periods of usage.

b. Be careful not to damage plastic or metal parts of the machine with heavy or sharp objects.

c. The machine can be kept clean by wiping it down using dry cloth.

d. All nuts and bolts are to be checked and tightened on a regular basis. This includes pedals and other moving parts. Failure to do so may cause damage to your thread and void your warranty.

LSG

3.   EXPLODED DIAGRAM

LSG

LSG
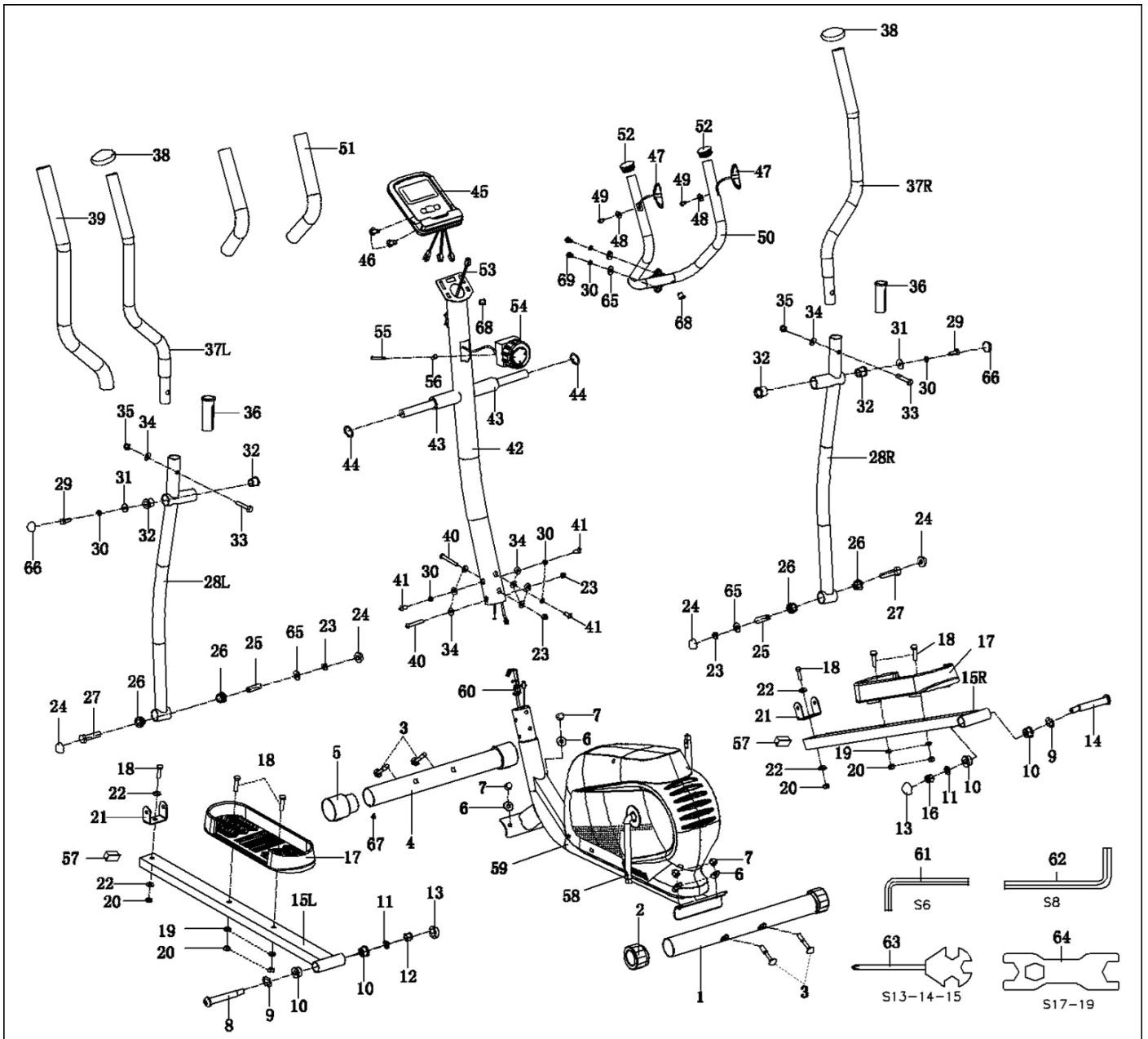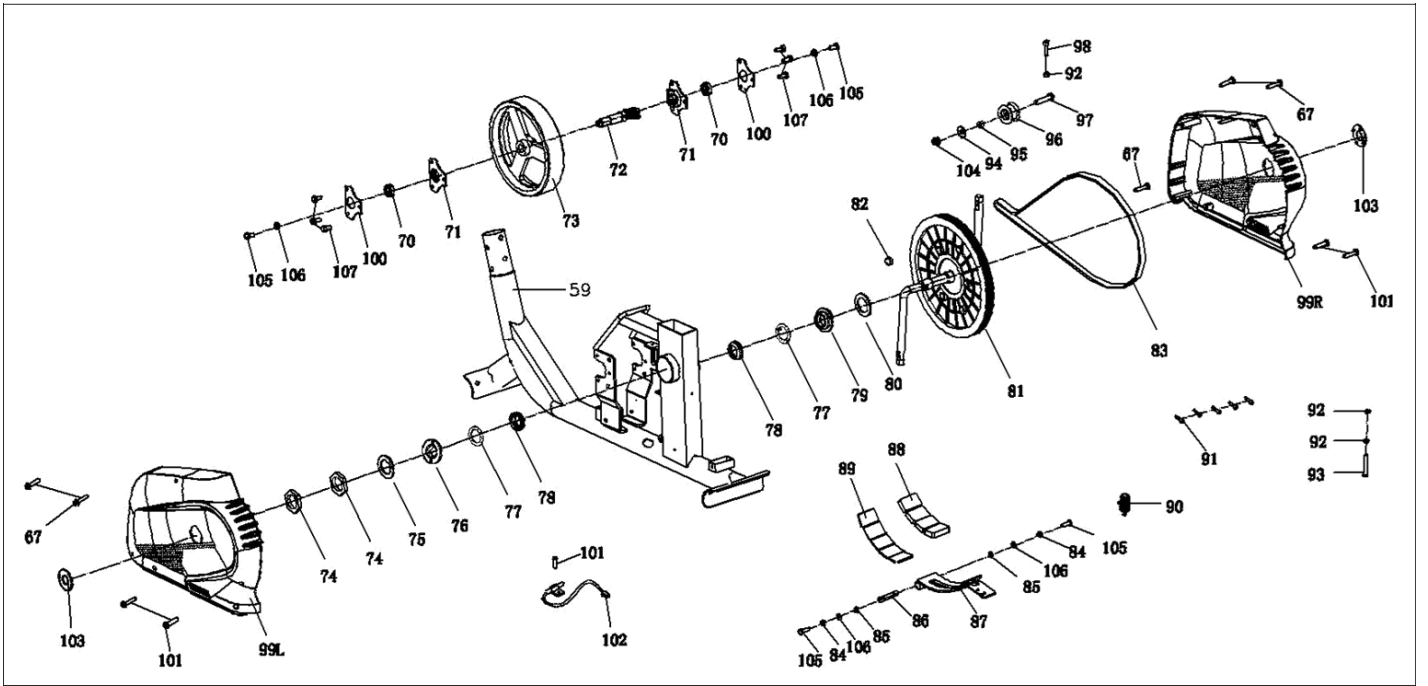
4. PARTS LIST

No	Specification	Qty	No	Specification	Qty
1	Rear bottom tube	1	35	Nut M8	2
2	Front bottom tube cap	2	36	Bushing	2
3	Bolt M10*57	4	37L	L handlebar	1
4	Front bottom tube	1	37R	R handlebar	1
5	Cap with roller	2	38	Tube capφ28	2
6	Curved washer D10	4	39	foam	2
7	Nut M10	4	40	Bolt M8*60	2
8	Pedal bolt φ16×89×1/2"×20-左	1	41	Bolt M8*20	3
9	Curved washerφ16	2	42	Upright	1
10	Axis sleeveφ28	4	43	Bushing	2
11	Spring washerφ13	2	44	Curved washerφ19	2
12	Nut （L）1/2"×20-	1	45	Monitor	1
13	CapS18	2	46	Bolt M5*10	2
14	Pedal bolt φ16×89×1/2"×20	1	47	Pulse	2
15L	L pedals tube	1	48	Washer φ6*φ12*1	2
15R	R Pedals tube	1	49	Screw ST4.2*20	2
16	Nut （R）1/2"×20	1	50	Mid handlebar	1
17	Stepper	2	51	foam	2
18	Bolt M10×45	6	52	Tube cap	2
19	Washer φ10.5*φ20*2	4	53	Mid wire	1
20	Nut M10	6	54	Tension	1
21	U support	2	55	Screw M5*40	1
22	Washer φ10.5*φ26*2	4	56	Washer D5	1
23	Nut M8	4	57	Tube cap	2
24	Cap S13	6	58	Union crank	1
25	Pushing	2	59	Main frame	1
26	Axis sleeveφ32	4	60	Tension down wire	1
27	Bolt M8×65	2	61	Wrench S6	1
28L	L swing rod	1	62	Wrench S8	1
28R	R swing rod	1	63	Multi-function wrench S13-14-15	1
29	Bolt M8*16	2	64	Wrench 17-19	2
30	Washer D8	7	65	Washer φ8.5*φ19*1.5	4
31	Washer φ8.5*φ32*2	2	66	Cap S14	2
32	Axis sleeveφ32	4	67	Screw ST4.2*20	7
33	Bolt M8*35	2	68	Tube cap Φ12	2
34	Curved washer D8	9	69	Bolt M8*30	2

LSG

| 70	Axis 6001RS	2	90	Tension spring	1
71	Axis support	2	91	Screw ST3*10	5
72	Flywheel axis	1	92	Nut M6	3
73	Flywheel	1	93	Bolt M6*60	1
74	Nut	2	94	Washer φ10.5*φ20*2	1
75	Washer	1	95	Idler pushing	1
76	Nut	1	96	Idler	1
77	Ball frame	2	97	Screw M10*40	1
78	Ball bowl	2	98	Screw M6*30	1
79	Nut	1	99L	L chain cover	1
80	Washer	1	99R	R chain cover	1
81	Belt disk	1	100	Bearing baffle	2
82	Magnetic	1	101	Screw ST4.2*16	5
83	Belt 360PJ6	1	102	Sensor	1
84	Spring washerD6	2	103	Hole cap	2
85	Snap ring D12	2	104	Nylon nut M10	1
86	Magnetic axis	1	105	Bolt M6*15	4
87	Magnetic board	1	106	Washer φ6.5*φ16*1.5	4
88	Magnetic	4	107	Bolt M6*9	6
89	Magnetic support	1			

LSG

5.   ASSEMBLY INSTRUCTIONS

Step 1:

1.   Secure the front bottom tube (4) to main frame (59) with bolt (3), curved washer (6) and nut (7).

|	
#3 M10*57	4PCS
#6 φ10*φ20*2	4PCS
#7 M10	4PCS
#64 S17-19	1PC

LSG
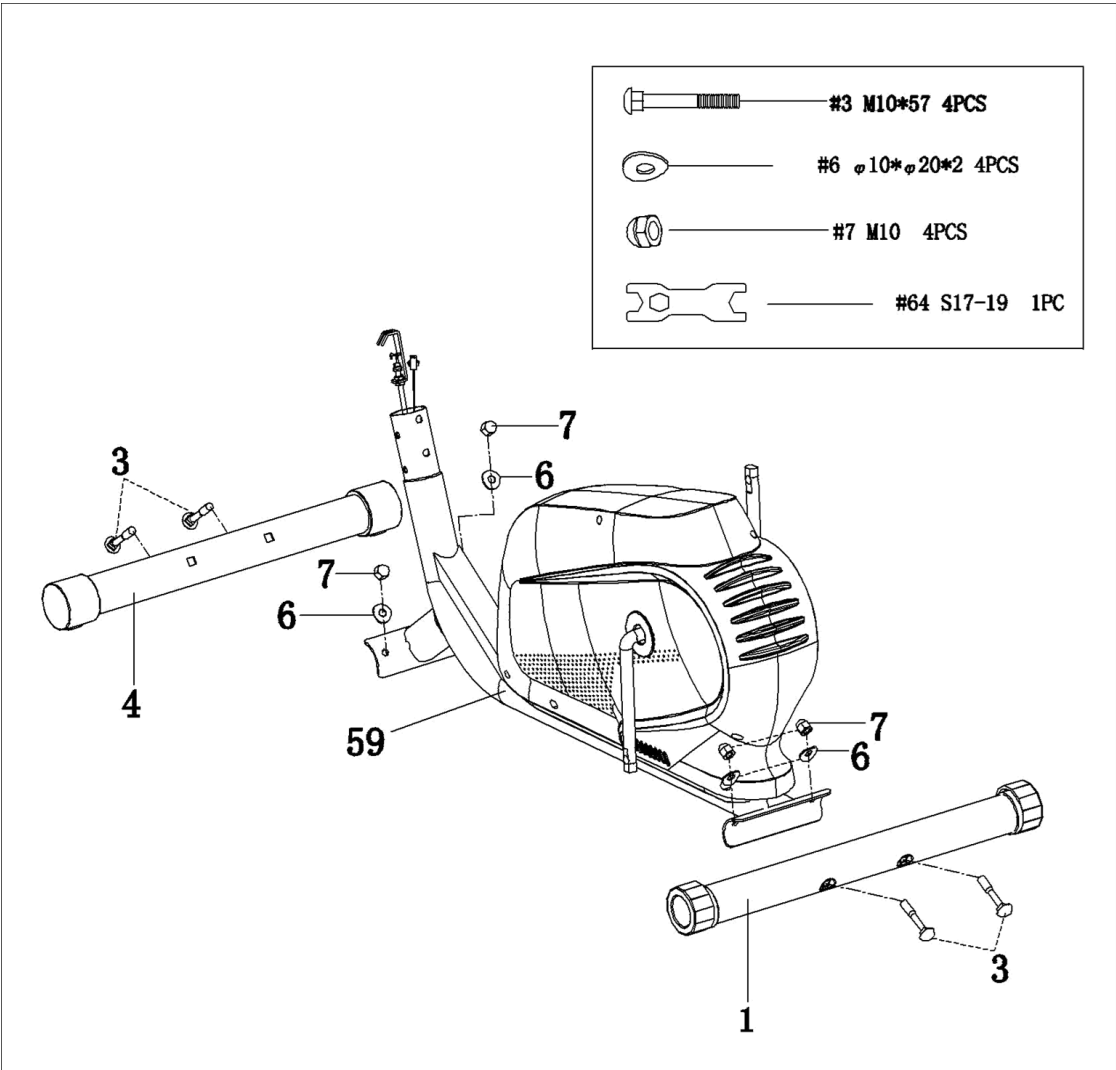
Step 2:

1. Turn #54 to highest setting to increase the maximum length to tension cable. Secure the tension controller (54) to upright (42) with washer (56) screw (55). Connect the mid wire (53) and sensor (102), and tension controller (54) with down wire (60).

2. Secure upright (42) to main frame with bolt (40), bolt (41) washer (30) curved washer (34) and nylon nut (23).

LSG
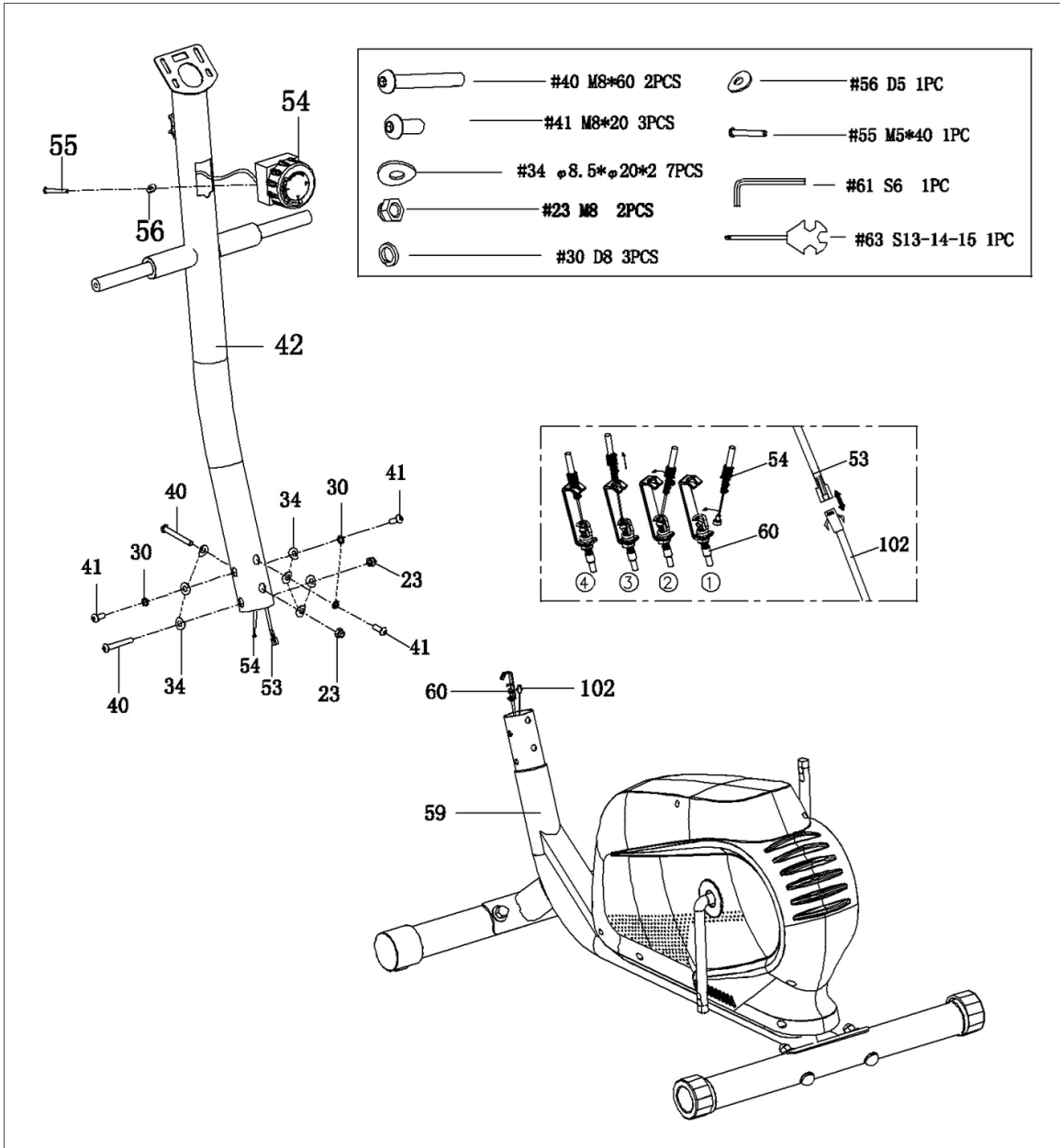
Step 3:
1. Secure L&R swing rod (28L) (28R) to upright (42) with screw (29), curved washer (30) and washer (31)
2. Secure R connect rod (15) to crank (58) with bolt (14), washer (9) and spring washer (11).
3. Connect L connect rod (15L) to crank (58), put the cap (13)
   Note: Pedals bolt with Left & Right side. Secure "R" pedals clockwise and "L" pedals anticlockwise.

LSG
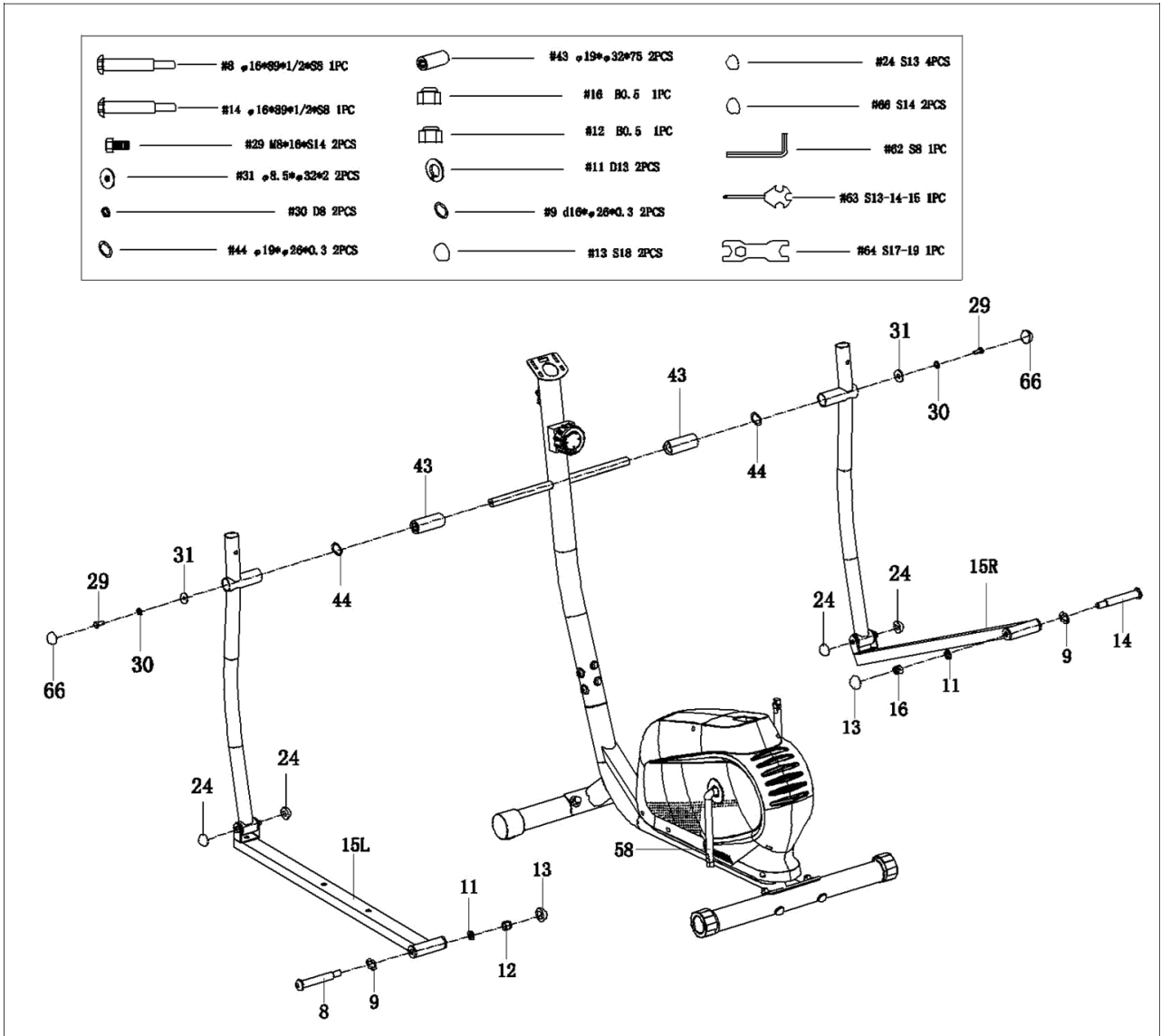
Step 4:

1. Secure the pedal (17) to L pedal (15L) and R pedal (15R) with bolt (18) washer (19) and nut (20).

LSG
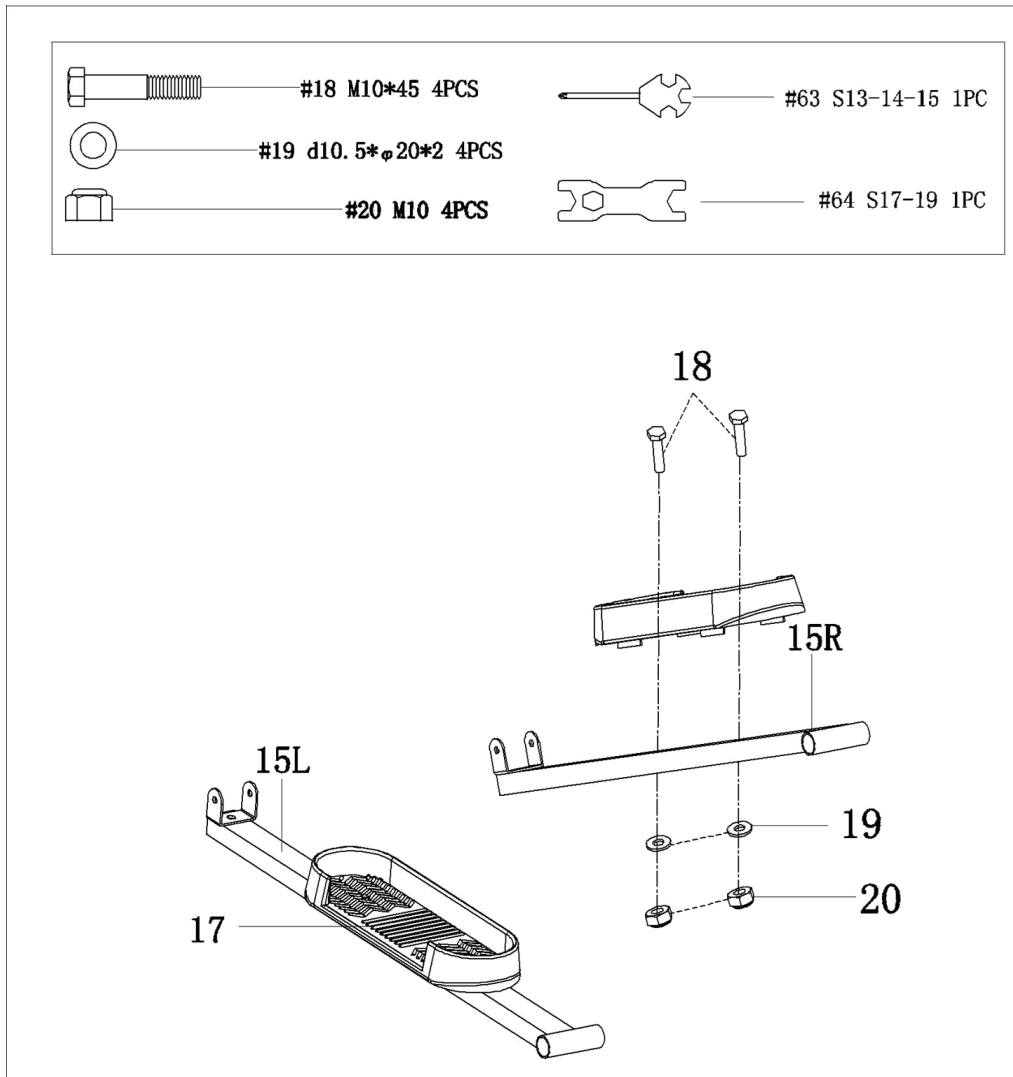
Step 5:
1. Pull out wire (68) from upright (42), thread the handlebar wire (47) from monitor support (42) and put back the wire pad (68) into upright (42).
2. Secure the mid handlebar (50) to upright (42) with screw (69) washer (30) and washer (65), then connect monitor (45) with mid wire (53).
3. Secure the monitor (45) to upright (42) using (46).

LSG
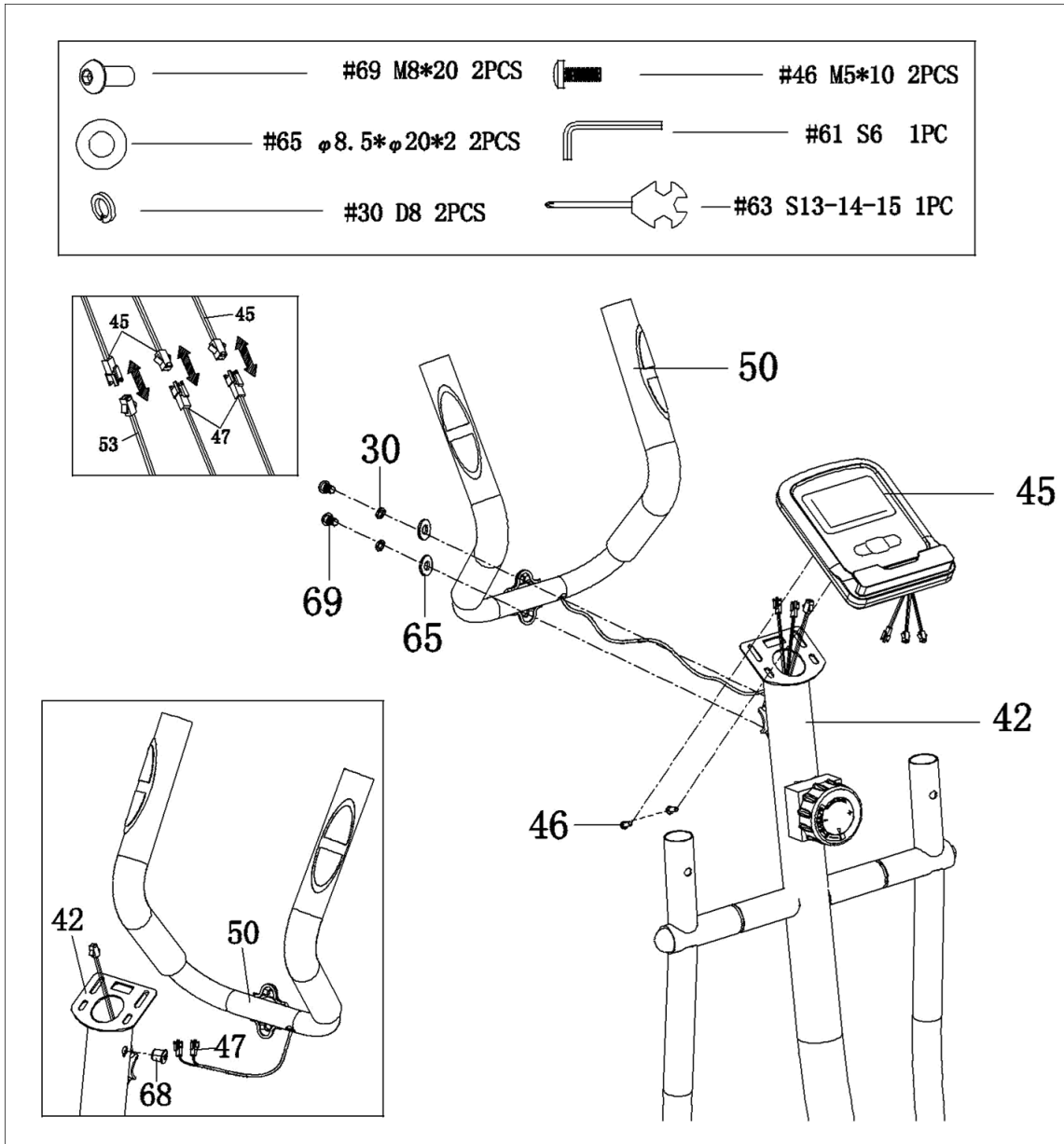
Step 6:
1. Insert the L handlebar (37L) to L swing rod (28L) and secure with bolt (33), washer (34), and nut (35).
2. Insert R handlebar (37R) to R swing rod (28R) and secure with bolt (33), washer (34), and nut (35).

#33 M8*35*S14 2PCS
#34 d8.5*φ20*2 2PCS
#35 M8*S13 2PCS
#63 S13-14-15 1PC

LSG
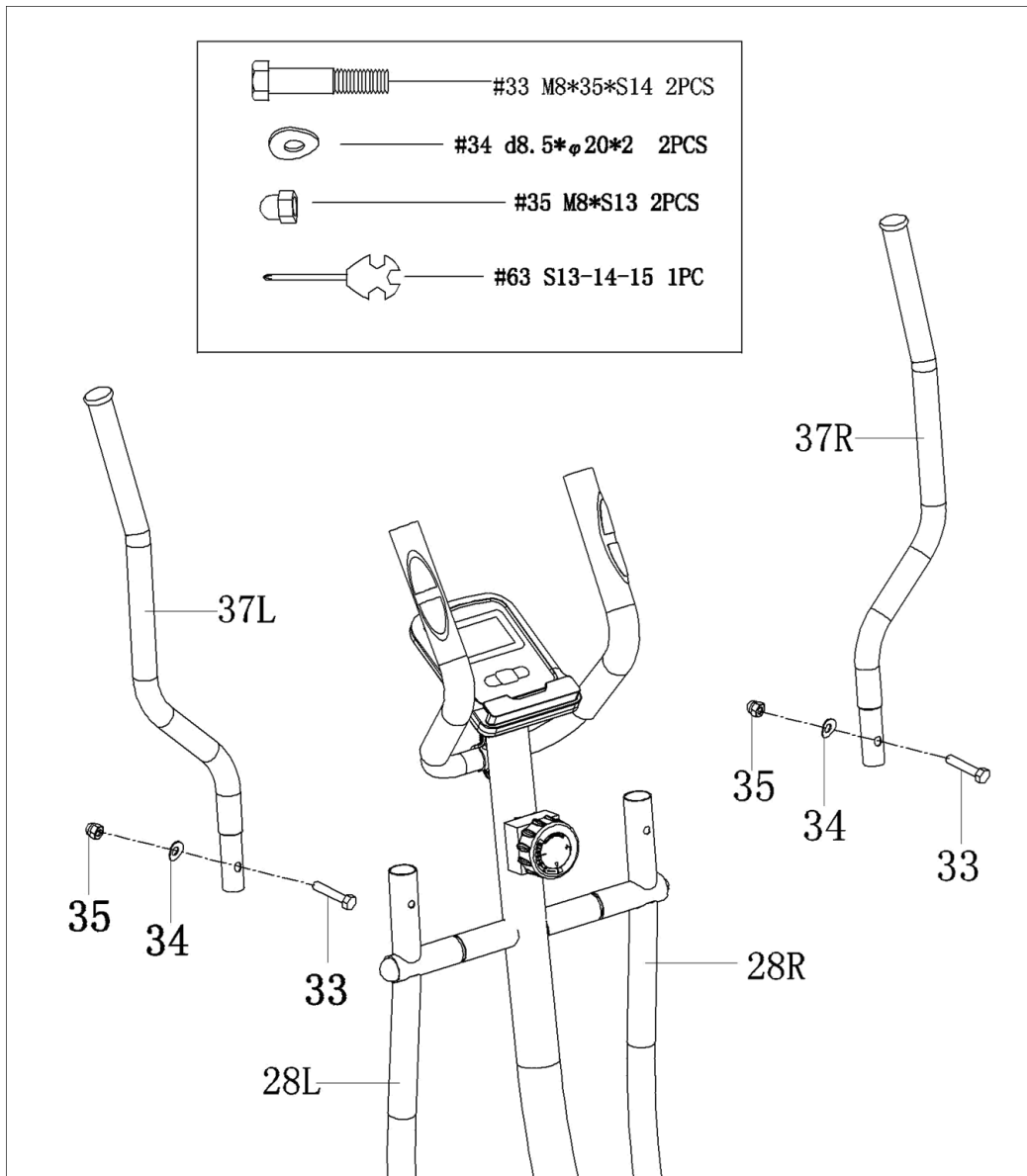
6.   COMPUTER OPERATION

SPECIFICATIONS

TIME	0:00~99:59MIN
SPEED	0.0~999.9ML/H(KM/H)
DISTRANCE	0.00~9999ML (KM)
CALORIE	0.0~9999KCAL
TOTAL DIST(ODO)	0.00~9999ML (KM)
PULSE (IF HAVE)	40~240BPM

KEY FUNCTIONS

MODE: This key lets you to select and lock on to a function you want. Pressing and hold 3 seconds to reset the value to zero (without ODO).

SET: To set the values of TIME, DISTANCE, PULSE when not in scan mode. When starting exercise, the "SET" values of counted will be backwards. When the value of "SET" reaches 0, it's will be restored.

RESET: In the SET mode, pressing the RESET key to reset the value to zero.

FUNCTIONS

1. TIME: Press the MODE key until pointer lock in to TIME. The total working time will be displayed when starting exercise.
2. SPEED: Press the MODE key until pointer lock in to SPEED. The current speed will be displayed when starting exercise.
3. DISTANCE: Press the MODE key until pointer lock on to DISTANCE. The distance of each workout will be displayed when starting exercise.
4. CALORIE: Press the MODE key until pointer lock on to CALORIE. The calorie burned will be displayed when starting exercise.
5. ODO: The total distance which this function is refers to from battery capacity period runs.
6. PULSE (IF HAVE): Press the MODE key until the pointer advance to PULSE function and put ear-clip to ear or the hand take hole of the sensor about 3 seconds show out.
7. SCAN: Display changes according to the next diagram every 6 seconds. Automatically display of the following functions in the order displayed:
    TIME---SPEED---DISTANCE---CALORIE---ODO---PULSE (if present) --- SCAN

NOTE

1. Without any signal coming in 4-5 minutes, the LCD display will be shut off automatically.
2. When there is signal input, the monitor automatically turns on.
3. If monitor is not displaying and results or digits are not clear, the battery will need to be replaced.
4. The monitor use 2pcs of 1.5v "AAA" batteries.

LSG

7.   EXERCISE GUIDE

PLEASE NOTE: Before beginning any exercise program, consult your physician. This is important especially if you are over the age of 45 or individuals with pre-existing health problems.

The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as an exercise aid in determining heart rate trends in general.

Exercising is a great way to control your weight, improving your fitness and reduce the effect of aging and stress. The key to success is to make exercise a regular and enjoyable part of your everyday life.
The condition of your heart and lungs and how efficient they are in delivering oxygen via your blood to your muscles is an important factor to your fitness. Your muscles use this oxygen to provide enough energy for daily activity. This is called aerobic activity. When you are fit, your heart will not have to work as hard. It will pump a lot fewer times per minute, reducing the wear and tear of your heart.
So the fitter you are, the healthier and greater you will feel.

Warm-up / stretching exercises

A successful exercise session begins with warming up exercises and ends with
exercises for cooling down and relaxing. These warming up exercises prepare your body for the subsequent demands made upon it. The cooling down / relaxation period after the exercise session ensures that you do not experience any muscular problems. In the following you will find stretching exercise instructions for warming up and cooling down.
Please pay attention to the following points:

1. TOUCH TOES
Bend your trunk slowly forwards and try to touch your feet with your hands. Reach down
as far as possible to your toes. Maintain this position for 10-15 seconds if possible.

2. EXERCISES FOR THE KNEES
Sit on the floor and stretch out your right leg. Bend your left leg and place your foot on
your right upper thigh. Now try to reach your right foot with your right arm. Maintain

3. EXERCISES FOR THE CALVES/ACHILLES TENDON
Place both hands on the wall and support your full body weight. Then move your left leg backwards and alternate it with your right leg. This stretches the back of the leg. Maintain this position for 30-40 seconds if possible.

4. EXERCISES FOR THE UPPER THIGH
Support yourself by placing your hand on the wall, then reach down behind you and lift your right or left foot as close to your buttocks as possible. Feel a comfortable tension in your front upper thigh. Maintain this position for 30 seconds if possible and repeat this exercise 2 times for each leg.

LSG
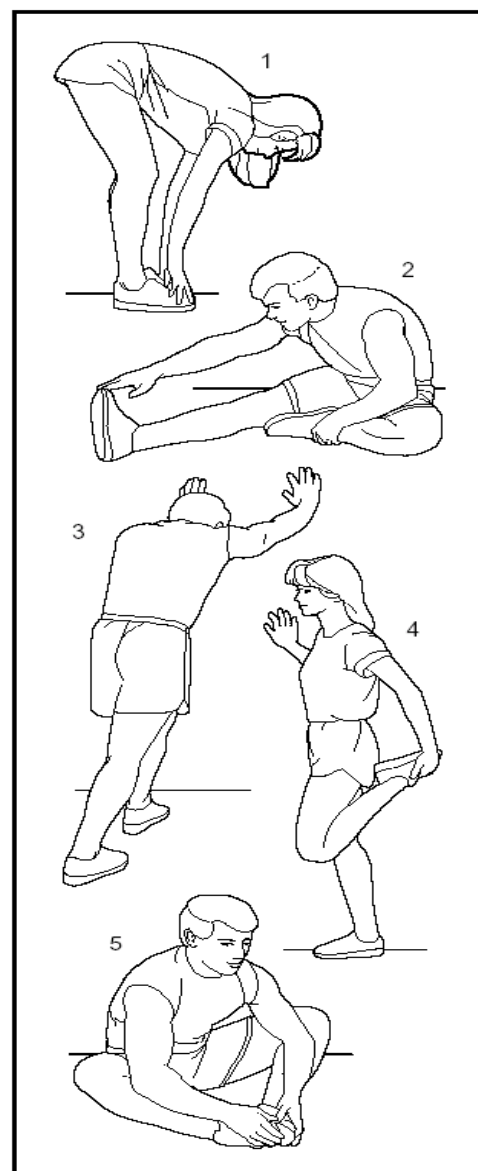
5. INSIDE UPPER THIGH

Sit on the floor and place your feet in such a way that your knees are facing outwards. Pull your feet as close as possible to your groin. Now press your knees carefully downwards. Maintain this position for 30-40 seconds if possible.

Training Zone Exercise

After warming up, increase the intensity to your desired exercise program. Be sure to maintain your intensity for maximum performance. Breathe regularly and deeply as you exercise.

Cool Down

Finish each workout with a light jog or walk for at least 1 minute. Then complete 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help prevent problems post-exercise.

Workout Guidelines
TARGET ZONE
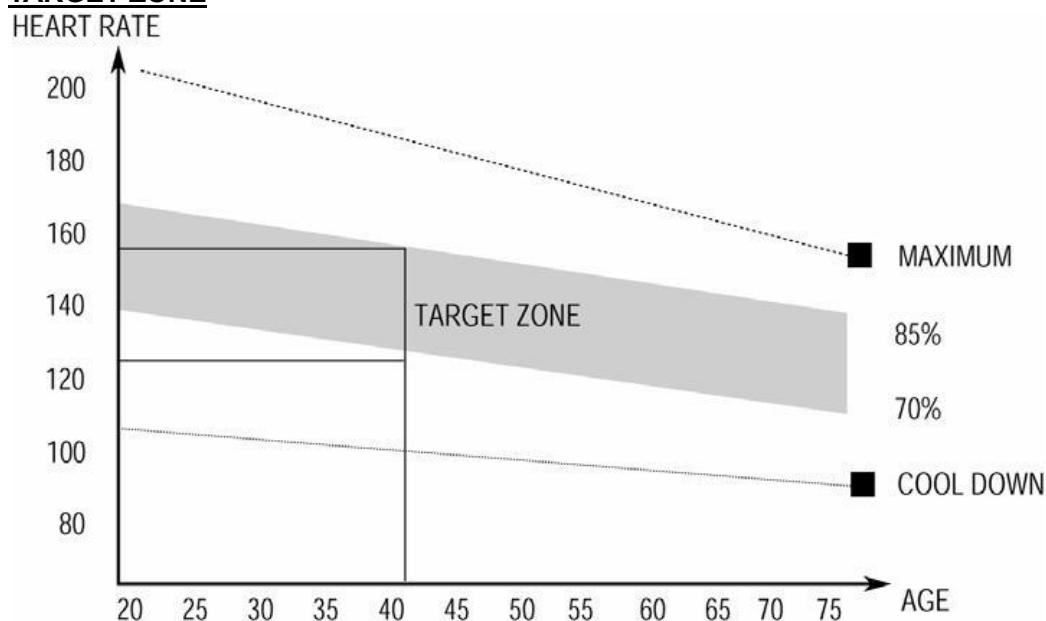
This is how your pulse should behave during general fitness exercise. Remember to warm up and cool down for a few minutes.

The most important factor here is the amount of effort you put in. The harder and longer you work, the more calories you will burn.

LSG

8. WARRANTY

AUSTRALIAN CONSUMER LAW

Many of our products come with a guarantee or warranty from the manufacturer. In addition, they come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and compensation for any other reasonably foreseeable loss or damage.

You are entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure. Full details of your consumer rights may be found at www.consumerlaw.gov.au

Please visit our website to view our full warranty terms and conditions:

http://www.lifespanfitness.com.au/warranty-repairs

Warranty and Support:

Please email us at support@lifespanfitness.com.au for all warranty or support issues.

For all warranty or support related enquiries an email must be sent before contacting us via any other means.

AUSTRALIAN CONSUMER LAW

LSG

Hand Pulse Technology

This product comes equipped with hand pulse sensors which are used to pick up tiny EKG/ECG signals that run through the body when your heart beats. These electrical EKG/ECG signals are very small and they must be amplified 1000 times to make the signal useful for the computer to display your pulse.

To ensure proper operation:

- The user must maintain good, consistent contact on all four sensors
- The users skin cannot be too dry or too wet

Other factors that could affect the reading:

- Change of grip on the sensors (during slow pace walking and up to running speeds)
- Tightening of hand muscles will produce small electrical signals
- Static electricity charges from the air or from walking on the treadmill

EKG/ECG sensors may filter through actual EKG/ECG signals and "Noise" factors that may affect the reading. This will cause the pulse reading to be delayed and will take longer to update the display as the heart rate changes. Too much noise will create an incorrect reading. Medical conditions or having no electrical signal in the hands are other factors that may also affect pulse readings.

These are limitations of hand pulse technology and even the most expensive systems (which can cost upwards of $3,000) used in hospitals have the same problems. The difference is that a patient in a hospital is not running on a treadmill. Hand pulse technology works well on stationary exercise machines like bikes and even elliptical cross trainers but are not perfect on a treadmill. We offer treadmills with a wireless heart rate receiver which may be a more accurate option.

To test if your hand pulse sensors are working up to specification, hold them while standing on the side step rails, not walking, and see if the reading is more in line with what you would expect. This will eliminate the movement and static electricity factors. If your hands are dry, then wet them slightly (saliva works as a great conductor if this doesn't bother you).

For more information, please contact our Lifespan Technical Support Department
www.lifespanfitness.com.au
support@lifespanfitness.com.au

LSG